

Media, PA — Continuing to honor our fallen service men and women on Memorial Day, Congressman Sestak, his family, and volunteers are marching in a number of parades throughout the 7th District.

“I am who I am because of my father. I joined the Navy and proudly served my country for 31 years because of his example of public service,” said Congressman Sestak. “He inspired me to serve my country. Celebrating Memorial Day and honoring our veterans is a lesson I learned by his example.”

Congressman Sestak will spoke at the Prospect Park/Norwood Park celebration and then marched in the parade in Prospect Park.

Congressman Sestak, who commanded the U.S.S. Samuel B. Roberts, shared the story of a young gunner on the first U.S.S. Samuel Roberts or “Sammy B,” which was sunk during World War II. After the ship had taken heavy fire and was sinking, the executive officer found the young gunner with a mangled leg, trying to load and fire his destroyed gun. It took several men to evacuate the gunner to a lifeboat where he died of his injuries. The executive office stated in his report that there was, “No higher honor than serving with this man.”

“This story always reminds me – and always reminded the sailors on the second Sammy B. - of the importance of community,” said Congressman Sestak. “Even when the ship was lost, this mortally wounded young gunner kept battling for his fellow sailors. This deep commitment to his community – his fellow sailors on the Sammy B. – and his sacrifice for them is what we must remember and honor on Memorial Day.

Congressman Sestak continued on to the Springfield Memorial Day Parade. Congressman Sestak is a member of the Springfield American Legion Post and will march with his fellow members in the parade. Following the parade, he will participate in the wreath laying ceremony at the Springfield Township Building.

Congressman Sestak will continue on to participate in the Glenolden Memorial Day Parade. Also in Glenolden on Sunday, Congressman Sestak participated in the American Legion Murray Stuart Post 566 ceremony to honor fifteen soldiers from the Civil War to the Vietnam War buried in Knowles Cemetery

Next, Congressman Sestak will join the Havertown American Legion Post 338 and speak at the dedication of their new veterans monument.

Finally, Congressman Sestak will visit Clifton Heights American Legion picnic, the Upper Darby Marine Corps Detachment 884 picnic, and the Conshohocken Memorial Day picnic.

Congressman Sestak is a former three-star Admiral in the U.S. Navy and is the highest ranked officer ever elected to Congress.

Born and raised in Delaware County, former 3-star Admiral Joe Sestak served in the Navy for 31 years and now serves as the Representative from the 7th District of Pennsylvania. He led a series of operational commands at sea, including Commander of an aircraft carrier battle group of 30 U.S. and allied ships with over 15,000 sailors and 100 aircraft that conducted operations in Afghanistan and Iraq. After 9/11, Joe was the first Director of "DeepBlue," the Navy's anti-terrorism unit that established strategic and operations policies for the "Global War on Terrorism." He served as President Clinton's Director for Defense Policy at the National Security Council in the White House, and holds a Ph.D. in Political Economy and Government from Harvard University. According to the office of the House Historian, Joe is the highest-ranking former military officer ever to serve in the U.S. House of Representatives.

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